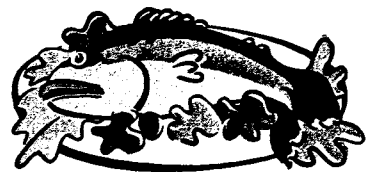
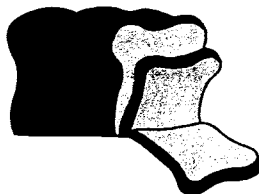




TIPS ON REDUCING CALORIES WHEN EATING OUT

Eating out can be easy, even while you're trying to lose weight. It can still be delicious and satisfying if you keep a few things in mind to avoid EXCESS fat and calories:

- *Eat meals slowly. Savor what you are eating.
- *Avoid extra gravies, sauces and sugar. All of these will add extra calories.
- *Ask for salad dressing to be placed "on the side". Dip your fork in the dressing, then take a bite of salad. You'll have dressing with every bite AND you will use $\frac{1}{4}$ to $\frac{1}{3}$ less dressing!
- *Choose water, club soda, iced tea, coffee (without sugar), or diet soda instead of regular sodas or alcoholic beverages.
- *Skip appetizers and hors d'oeuvres.
- *Choose raw vegetables, fruit salads or tossed salads with diet dressing as the first course.
- *If rolls or bread sticks or bread are served, pass them by if you want to have rice or potatoes with your entrée. -OR -
- *Ask for a second vegetable instead of the rice or potato so you can eat the rolls, bread sticks or bread.
- *For entrees, choose lean meats such as broiled or grilled fish or poultry. Trim any visible fat or skin.

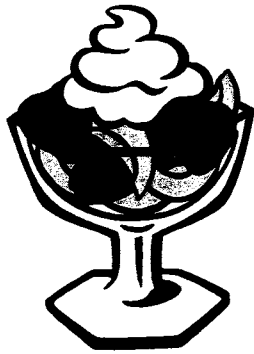


*Eat reasonable portions. Ask for a “doggie bag” when you order, so you can take away excess portions right away; then enjoy the normal portions you’ve created and take the “doggie bag” home for another meal.

*Avoid desserts or choose fresh fruit, sorbet or sherbet instead.

*Be realistic – use a trade -off system. If you have to, have a drink, but skip dessert.

*If you do overindulge, forget the guilt! Don’t go off the diet just because of one meal. Lighten up the next day and stay with it! The choice for good health is up to you.



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